

CCC Small Group Discussion Guide

Series: Loving the City: Healing a Nation

Week 1: The Heart of Transformation

Scripture: Nehemiah 1:1–4

Icebreaker (Choose 1)

- What's your favorite thing to show off to visitors about San Diego? What tops your list?
 - If you were elected 'Mayor of Fun' for our city, what's the first fun thing you'd add or change?
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Digging into the Bible

1. Read Nehemiah 1:1–4 together. What stands out to you about Nehemiah's response to the report about Jerusalem?
 2. Why do you think Nehemiah asked about the city in the first place, even though he was living comfortably in exile?
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Point 1: We Need to Listen

4. Nehemiah chose to listen to the painful realities of his city rather than ignore them.
 - What are some ways we can "listen" to our city today?
 - What keeps us from really paying attention to the brokenness around us?
 5. The sermon mentioned that San Diego has both beauty and brokenness. Where do you see or encounter either of these as you go about your day?
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Point 2: We Need to Lament

6. Nehemiah wept, fasted, and prayed in response to the city's condition.
 - Why is lament a powerful response to brokenness?
 - Which of the three practices (crying, fasting, praying) is most natural for you? Which is hardest?
7. How does lament connect us more deeply with the suffering of Jesus and the power of his resurrection (Phil. 3:10-11)?

Application & Challenge

8. The challenge this week is to **listen** (pay attention to the realities of our city) and **lament** (cry, fast, and pray).
 - What is one practical way you can intentionally “listen” to San Diego this week?
 - How can you incorporate lament into your prayer life?
9. If God were to break your heart for one specific area of our city (e.g., loneliness, homelessness, violence, division), what do you think it might be? How might you respond?

Closing Prayer

Take a few minutes to share any burdens you’re carrying for the city. Close in prayer, asking God to:

- Help us listen well.
- Break our hearts for what breaks God’s heart.
- Empower us to join in God’s work of transformation in San Diego.